

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for June
Date: 25 May 2022 at 9:52 am
To: Dhyana Centre info@dhyanacentre.org



Dear visitors & enquirers,

Please find below the events programme for the coming month. The whole schedule can best be seen online in the Centre's [activities calendar](#) and there is also a complete listing at the bottom of this email.

New or noteworthy...

- ***Course at the TS now in progress; next course for newcomers will be in the autumn***
- ***Mudras & Pranayama workshop at the TS on Sunday 26th June***
- ***Weekday meditation sessions at the TS have temporarily ceased***
- ***The weekly schedule on Zoom will continue throughout the summer holiday period***

1. Meditation courses

Dhyana Yoga course 2/22 is now in progress, with the second and third modules yet to come. Now closed to newcomers but these sessions are still open to returning students wishing to refresh one or more modules; more info including booking at www.dhyanacentre.org/calendar/#courses.

The next course for beginners will probably start in September.

A 'Mudras & Pranayama' workshop will take place at the TS on **Sunday 26th June 10.30am - 1pm**: open to anyone who has previously attended an introductory course but not to newcomers: booking required, see www.dhyanacentre.org/calendar/#courses. This workshop introduces certain specific yogic peripherals that can be a major aid to meditation practice, and is therefore recommended for all students.

2. Meditation & OM Healing sessions at the TS

OM Healing remains suspended but is being constantly reviewed. The medical and legal advice we have received recently is quite unequivocal - we need to wait longer. A large group chanting audibly is still a no-no without a level of precautions that would make it both impractical and uncomfortable.

3. Online practice sessions via Zoom (Tuesday and Friday @ 7pm, Sundays @ 10am)

Online sessions are taking place every Tuesday and Friday evening and every Sunday morning (unless there is a course or other session at 50 Gloucester Place). There is an up to date schedule on the [calendar webpage](#) or the details can be seen on the Centre's [activities calendar](#).

All these sessions are open to DC members, associates and current students, no booking is required, just use the link: <https://us02web.zoom.us/j/5264467923> (there is no passcode but the waiting room will apply).

Sessions normally last 1 hour or slightly longer. The Open Forum consists of a yogic reading (currently from "Conscious Immortality") with discussion/Q & A and one 20 minute meditation, while all other sessions are focused solely on silent meditation and consist of either two 20 minute periods of practice or one 45 minute meditation.

PLEASE NOTE the following...

a) if you miss the start time for a Zoom session, it is perfectly OK to join later, you will not disturb anybody, but just be aware that you will be joining in the middle of a silent meditation so stay muted and settle in as quickly as you can.

b) due to the fact that details of these sessions are published on the internet, I have had several attempted gate-crashers but they don't get into the actual meditation because I do not let them get further than the Zoom waiting room. If I don't know who the person seeking admittance is, I will not let them access the session. But there's a downside to this: it's up to you to ensure that your Zoom profile displays a name that I recognise when you sign on. If that is not possible for any reason, you need to email me and tell me in advance otherwise you too will get stuck in the waiting room...

c) finally, can I emphasise that these sessions are all classes ie. teaching sessions not simply group meditations. As such, it is my normal didactic practice to select certain individuals afterwards to ask about their meditation and then use this interaction to bring out teaching points for the benefit of all those present. This is not an attempt to pry where it is not wanted: if you would rather not discuss anything, you should just say "Pass" and I will pass you by, in the same way that I do with in-person sessions at the TS. Alternatively, keep your video off and I will ignore you on the assumption that you just wish to listen but not participate.

Kind regards,

Alan Perry

[PLEASE NOTE: This is an edited version of the programme that is sent monthly to all Dhyana Centre members and associates. You have been sent this email as you have either recently visited the Centre and/or enquired about meditation or OM Healing sessions. Enquirers will ordinarily be sent these calendars for three or four months only after which their email address will be deleted from the database unless otherwise requested. However, you can also unsubscribe by sending an email to unsubscribe@dhyanacentre.org. Full information about Dhyana Centre activities can be found at the website www.dhyanacentre.org and the Centre's data privacy policy can be viewed [here](#).]

MONTHLY LISTING

Friday, 27 May
7:00pm Extended practice on Zoom
Sunday, 29 May
10:30am Dhyana Yoga course 2/22
Tuesday, 31 May
7:00pm Dhyana on Zoom
Friday, 3 June
7:00pm Open forum on Zoom
Sunday, 5 June
10:00am Extended practice on Zoom
Tuesday, 7 June
7:00pm Dhyana on Zoom
Friday, 10 June
7:00pm Extended practice on Zoom
Sunday, 12 June
10:30am Dhyana Yoga course 2/22
Tuesday, 14 June
7:00pm Dhyana on Zoom
Friday, 17 June
7:00pm Open forum on Zoom
Sunday, 19 June
10:00am Extended practice on Zoom
Tuesday, 21 June
7:00pm Dhyana on Zoom
Friday, 24 June
7:00pm Extended practice on Zoom
Sunday, 26 June
10:30am Mudras & Pranayama @ TS
Tuesday, 28 June
7:00pm Dhyana on Zoom
